

## AROUND THE WORLD



While balancing on one leg, participants will move the other forward, to the side, and backward, strengthening the muscle groups that surround the hip. It's a series of straight-legged leg lifts in multiple directions, done standing.

### ***Benefits »***

- ⦿ Improves one-legged balance.
- ⦿ Strengthens both legs.
- ⦿ Requires maintenance of balance on one leg while the other limb is in motion.

### ***Set It Up »***

You will not need any special equipment for this exercise.

### ***How to Do It »***

#### **The Start**

- ⦿ Participants stand tall with soft knees beside a chair or railing.
- ⦿ Explain that they will be doing a series of straight-legged leg lifts.
- ⦿ The directions will be forward, side, across, and backward.
- ⦿ Each lift needs to be only about 6 to 12 inches (15-30 centimeters) high.
- ⦿ The knee of the supporting leg should stay soft.

#### **The Moves**

Use the following cues.

- ⦿ Place the right leg out in front and set it on its heel, foot flexed. Do six to eight straight-legged leg lifts to the front (strengthens quadriceps and hip flexors).
- ⦿ Return to the beginning standing position.
- ⦿ Lift the right leg out to the side. Do six to eight leg lifts (strengthens hip abductors).
- ⦿ Return to beginning standing position.
- ⦿ Lift the right leg forward again and then cross it over in front of the left foot. Lead with your heel. Do six to eight of these leg lifts (strengthens hip adductors on inner thigh).
- ⦿ Return to beginning standing position.
- ⦿ Lean forward a bit, using a handrail or chair for support. Lift the right leg behind. Do six to eight lifts to the back (strengthens hip extensors, gluteal muscles).
- ⦿ Repeat sequence using the left leg.



### **Take It Further »**

- ⦿ Increase the number of lifts in each direction.
- ⦿ Slow down (adds difficulty and requires more balance).
- ⦿ Take out rest stops between positions.

### **Give It More Balance »**

- ⦿ Do the activity on a carpeted floor.
- ⦿ Stand on a step placed by a handrail, if you can supervise personally.
- ⦿ Stand on an easy balance pad, if you can supervise personally.

### **Keep It Safe »**

The short, little lifts tend to be small balance perturbations. Provide the necessary balance support so participants feel safe standing on one leg while moving the other. They should always keep the supporting knee soft.